

# THE EVENING MISSOURIAN

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## WHAT ABOUT LUNCH?

Thorpe Lee, in the London Daily Mail, cries: "Down with lunch." The lunch habit, he thinks, is a positive curse. Too much is eaten at midday. The result is that most persons get very little done in the afternoons. They are digesting their lunch. They have not enough energy to use their brains actively as well. If they force this brain activity, they are unable to digest. Mr. Lee is convinced that the indigestion from which seven business men out of every ten suffers is due to the lunch habit. Lunch is a dissipator of energy. It chokes the furnace instead of increasing the vigor. Mr. Lee's program suggests:

Breakfast stoutly.

Lunch very slightly and quickly.

Dine moderately.

John Chalfant replies in the Mail to Mr. Lee. He says that men are notoriously in their best tempers, in their most equable and reflective moods at and immediately after lunch. It is because lunch is the one meal that nature wants. Breakfast is a mere human habit, an injurious habit for most people except outdoor or manual workers. Dinner is a fashion of quite recent growth, an injurious fashion to most people except late night workers. Children have natural tastes. No child cares for breakfast. No child likes dinner. But every healthy child is ravenous for lunch and so would every healthy adult be but for the harmful custom of breakfast. Men linger over lunch because it is the truly social and urbane meal. At the breakfast table civilized beings are taciturn or truculent. At the dinner table most people, if they are not idlers, are tired. The brilliant dinner table is a fiction of novels, but there are thousands of brilliant lunch tables. One of the sanest resolutions of the war time is the usurpation of dinner as the social function and chief meal of the day. Follow the French plan. Mr. Lee advances this as the golden rule:

Breakfast very lightly and quickly.  
Lunch substantially and lingeringly.  
Sup like a sparrow.

## SELECTIVE ACQUAINTANCESHIPS

"Tell me what you read and I'll tell you what kind of a person you are." Thus runs an old adage containing more than a semblance of truth, for it is indisputably true that we become largely as those of whom we read or with whom we associate. The maxim might properly be paraphrased to read: "Tell me whom you associate with and I'll tell you what kind of a character you are shaping."

Regardless of whether we know or realize the influence of others upon ourselves, it is an accepted fact that those close about us make a profound impression upon our lives. It is consequently of the highest importance that such companionships be formed following only the most selective considerations.

True it is that acquaintanceship and companionship are vastly different, but the former soon develops into the latter and care and forethought must be exercised therefore. Arriving a stranger in a strange city, Americans especially are prone to the forming of rapid and often ill-destined acquaintanceships.

Like selective conscription, selective acquaintanceship means choosing for friends those persons who represent one's idealistic conceptions in the problems in which one is mainly interested. There should ever be that striving upward and onward among friends which moves toward perfection for their own welfare as well as the benefit of the community at large.

Men and women of noble purpose and inspiring personality surround us daily. It is for everyone to look well and apply saneness in choosing friends, that those of right type and calibre are selected. No more essential question confronts the student of today than this one. Like books, friends are our constant source of inspiration and comfort and, as someone has said: "A friend is one who knows all about you and likes you just the same."

As we sow the seeds of friendship today through our acquaintanceships so we reap tomorrow the rewards of well or poorly selected associates. In the intangible as well as the tangible things of life the best is none too good. Such men and women are here

—they are everywhere—it is our task to find and know them.

## WINTER VEGETABLE CROP EASY

College of Agriculture Tells How to Raise Produce.

It is comparatively easy, says a College of Agriculture circular, if one is willing to spend a little time in caring for a hotbed, to have several green vegetable crops throughout a large part of the winter season. Ordinarily lettuce and radishes may be planted in a hotbed soon after cold weather begins and they will be ready for the Thanksgiving season, if well cared for. Another crop may be grown immediately afterward by recharging the bed and this will be ready by the Christmas and New Year holidays.

Onions may be easily grown from seeds under the same conditions, provided they are kept growing rapidly and the temperature does not become too high during the early part of their growth. After the coldest weather is past, if the frames are not needed for starting an early spring crop, another crop, or even two, of the same vegetables may be had in the early spring. Another crop which may be had in the fall by transplanting about the time frost is expected is celery. This, when grown in the hotbed or cold-frame, will be entirely self-blanching, which is an added incentive to using it in this way.

Any thoroughly dark corners in the basement may be used for forcing roots of rhubarb or even asparagus at any time during the winter, and parts of the asparagus or rhubarb rows may be forced early in the spring by building a coldframe over them about two months before the ground would ordinarily thaw.

## INSPECT COUNTY SEAT ROADS

State Officers To Find Out If They Are Being Dragged.

Road drag inspectors appointed by the State Highway Department are now making a personal inspection of inter-county seat roads throughout the state, to see that drag funds are being properly expended. These inspectors were sent by the state department because of numerous complaints received from counties to the effect that the roads were not being properly dragged and that in some instances the funds appropriated by the state were not being applied upon the roads at all. The inspectors are covering the entire state, and will report any failure to drag the roads at proper times. Citizens living along the inter-county seat highways are also requested to notify the State Department if the roads are not receiving attention, as the state department is determined to secure the best possible results from the expenditure of the drag funds.

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**CO-OP**

## Former French Premier Aids Soldier.

By Associated Press

PARIS, Sept. 19.—M. Georges Clemenceau, the "Tiger" of the French political world, has not forgotten that he is or was a doctor of medicine. He is, indeed, the son of a doctor and

during his three years' life in the United States, he married Miss Mary Plummer, the daughter of a physician of Springfield, Mass. M. Clemenceau is at present taking the cure at Vichy. He used to go to Carlsbad before the war. A few days ago a soldier on leave was injured when his

bicycle collapsed as he was riding into Vichy. The former premier happened to arrive on the scene in a few moments. M. Clemenceau bandaged the man's damages, did everything possible to aid him and took the injured man in his car to a Vichy hospital.

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## Stephens College

Announces that the following departments are open to special day students from Columbia and vicinity. Recitation schedules will be arranged to suit the convenience of University and Columbia public school students.

### CONSERVATORY OF MUSIC

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Teachers: Fanny May Ross, Piano; Joy Paxton, Piano; Ruth Russell, Piano; Myrtle Le Compte, Piano; Agnes Husband, Voice; Lillian Wilhelm, Voice; George Venable, Violin.

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Anna Forbes, Director  
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Madeline Rose Flint, Director  
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### PHYSICAL EDUCATION DEPARTMENT

Fanny E. Bickley, Director  
Gymnastics and Calisthenics; playground supervision; home nursing and first aid classes. All athletics, including swimming, track, basketball, baseball, etc.

### THE JUNIOR COLLEGE DEPARTMENT

Offers last two years of high school and first two years of University course. Fully accredited by the University of Missouri and other standard institutions. Teachers' certificates to graduates.

Those who expect to enroll in any of the special departments of the College should do so immediately, as only a few vacant hours remain on the schedules of the teachers on account of the unusually large enrollment of dormitory students.

For information call at the College office, or phone or write to

**JAMES M. WOOD, President**

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